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Iowa State Daily, November 2018

Iowa State Daily, 2018

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11-9-2018

# Iowa State Daily (November 9, 2018)

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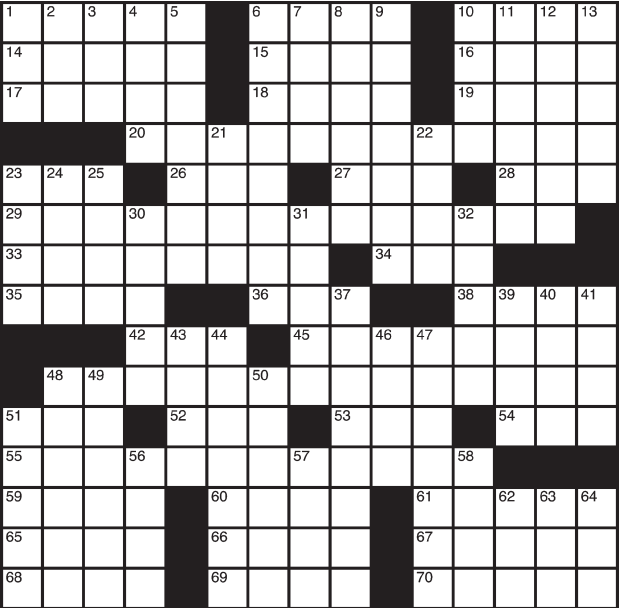
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# Crossword



- ACROSS
- 1 Like many abbreviated terms in footnotes

6 “Hurlyburly” playwright David

10 Beer

14 \_\_ ballerina

15 “Foaming cleanser” of old ads

16 Champagne Tony of ‘60s golf

17 Biblical peak

18 Confused state

19 Plodding haulers

20 Emulate the successful bounty hunter

23 Halloween creature

26 Three NASCAR Unsers

27 Part of D.A.: Abbr.

28 \_\_ Fáil: Irish “stone of destiny”

29 “To the best of my memory”

33 Chem lab event

34 A.L. lineup fixtures

35 Baby powder ingredient

36 Siesta

38 Missal sites

- 42 Grind

45 Start of a green adage

48 “Shalom aleichem”

51 Adolphe who developed a horn

52 “Do the Right Thing” director Spike

53 Intraoffice

IT system

54 Attach, as a codicil

55 Devious traps, and a hint to surprises found in 20-, 29- and 48-Across

59 Mechanical method

60 Open and breezy

61 Initial-based political nickname

65 Touched ground

66 Govt.-owned home financing gp.

67 Made calls at home

68 Chest muscles, briefly

69 Early temptation locale

70 Mails
- DOWN
- 1 12-in. discs

2 Bush spokesman Fleischer

3 Sardine holder

4 Colorful Apple

5 Finger painting?

6 Hilton rival

7 In \_\_: stuck

8 Cairo market

9 Pushed (oneself)

10 Explode

11 Store name derived from the

prescription symbol

12 “Bam!” chef

13 Film fish

21 Second half of a ball game?

22 Cut with acid

23 1984 Olympics parallel bars gold medalist Conner

24 Out of port

25 Nonstick cookware brand

30 Seaport of Ghana

31 Bowled over

32 Tree with quivering leaves

37 Mitt Romney’s 2012 running mate

39 “The Celts” singer

40 Stacked fuel

41 Poker game

43 Bruins’ campus: Abbr.

44 Like new drivers

46 Hot springs resorts

47 Strengthened

48 Prisoner’s reward

49 Strikingly unusual

50 Trailing

51 Purse part

56 New York team

57 “Him \_\_”: romantic triangle ultimatum

58 Bout of beefy battlers

62 ER vitals

63 “However ...”

64 Product promos

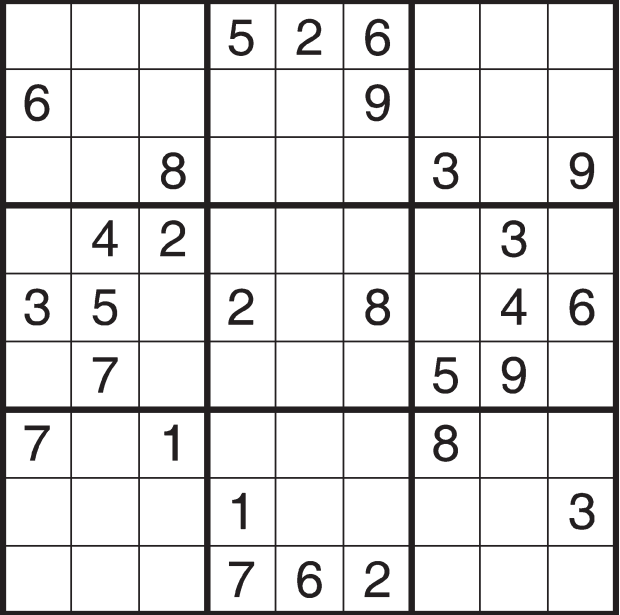
## CALENDAR

### Friday, Nov. 9

- Seed Science and Technology short course**  
8 a.m. to 2 p.m. at the Seed Science Building this introductory course focuses on the life cycle of seed, crop improvement, seed production, along with health, variety, and quality testing, post-harvest management, and seed conditioning technologies. The goal of this course is for each participant to establish a comprehensive understanding of seed science and technologies and provide a clear picture of the many facets of the seed industry.
- Manage Your Canvas Course - Personalized Learning and Mastery Plans**  
9 to 11 a.m. at 032 Parks Library  
This two-hour interactive, hands-on workshop is open to all Iowa State University instructors and instructional designers to explore how a personalized learning and mastery path can enhance your course in Canvas.
- Lecture: Leadership is a team sport**  
11 to 11:50 a.m. at 1148 Gerdin Business Building  
“Leadership is a Team Sport,” Beth Ford, Iowa State alumna and president and CEO of Land O’Lakes. Named to Fortune magazine’s 2018 list of the most powerful women in business, Ford is the first female CEO of Land O’Lakes and the first openly gay woman to lead a Fortune 500 company.
- Women’s Basketball**  
12:00 pm at Hilton Coliseum  
Iowa State vs. Niagara (Pre-season WNIT).
- Lecture: Putting a face on global poverty**  
2 to 3:30 p.m. at 2200 Gerdin Business Building  
“Putting a Face on Global Poverty,” Jim Gentry, the Maurice J. and Alice Hollman Professor of International Business and Marketing at the University of Nebraska, Lincoln.
- Paint Your Own Pottery: Let It Snow!**  
4 to 8 p.m. at The Workspace at the Memorial Union  
Baby, it’s cold outside! Warm up with a snowman mug, adorn with ornaments and embrace the season with reindeer and other woodland friends.

# Sudoku

by the Mephram Group



## LEVEL: 1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)

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# IOWA STATE DAILY

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PERIODICALS POSTAGE



# Office of Sustainability to collaborate in shopping event

BY LEILA DORIC  
@iowastatedaily.com

The Office of Sustainability at Iowa State is preparing to host a local shopping day for students and the Ames community as a part of a collaboration with downtown Ames in an event called “Sust-Ames” on Saturday.

“Sust-Ames” is meant to engage and focus the local students and community in “buying green” by shopping with local businesses according to the press release.

“For every dollar spent in local businesses 73 cents stays in the community,” said Molly Breen, an intern at the Office of Sustainability.

Molly said a big part of economic sustainability is giving back to the community and supporting your friends, family and local businesses.

“In Ames, we have a great local community of businesses,” Molly said, “take advantage of the discounts and shop local.”

There are over 25 main street and Campustown business participating, some offering their own one-day special discount in support of shopping local that day, according to the press release.

There will be reusable bags made from recycled soda bottles offered by all the local businesses to shoppers on the day of the event according to the press release.

“We believe in protecting the environment and want to reach out to ISU students,” said Terry Stark, owner of Chocolaterie Stam in Ames, one of the businesses that will be participating Saturday.

Another local business participating business is Little Woods: Herbs and Teas.

The shopping event is apart of the Live Green! Initiative’s 10 year celebration at Iowa State University for the month of November, “buying green.”

“Buying Green,” is meant to highlight Iowa State’s efforts in green and sustainable purchases such as recycling, composting, reusing, focusing on energy efficient and locally sourced products and services according to the press release.



Courtesy of Wikimedia commons  
Main Street in Ames, where the “Sust-Ames” collaboration will take place on Saturday.

# Students speak of recent California shooting

BY ALEXIS MYSZKA  
@iowastatedaily.com



**Name:** Kevin Kieu  
**Major:** Kinesiology and health  
**Year:** Junior  
**Hometown:** Davenport, Iowa  
**Can you tell me what your reaction is upon hearing about the shooting?**

When I hear shooting it’s like oh it’s another shooting incident. At this point it’s scary because it’s happening so often, you don’t see it as much in the news anymore, especially too with the elections I think that was a big thing. I didn’t even hear about this until you told me. I guess I’m shocked but not like surprised at this point.”



**Name:** Brenda Goh  
**Major:** Political science and psychology  
**Year:** Sophomore  
**Hometown:** Singapore  
**How did you feel when you found out about the shooting?**

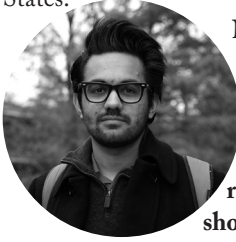
“Just feel kind of sad for the college students because they weren’t a targeted group but they didn’t deserve that, they just went there to have fun but then this

happened and no one should be worried about not being able to live there life just because they’re scared of things like that.”



**Name:** Josh Lamaye  
**Major:** Economics and statistics  
**Year:** Senior  
**Hometown:** Marion, Iowa  
**What was your initial reaction when you found out about the shooting?**

been given the gravity of the situation. Especially given some other things like how it has some of the lowest crime ratings I think of any of the cities in the entire United States.”



**Name:** Raahym Rasul  
**Major:** Pre-Business  
**Year:** Sophomore  
**Hometown:** Pakistan  
**What did you think when you read about the shooting?**

“Just pretty sad. I wasn’t expecting anything like that after elections, so it’s pretty concerning now. I woke up to it and that was the first thing I read.”

**Name:** Josh Ginzl



**Major:** Animal Ecology  
**Year:** Senior  
**Hometown:** Green Bay, Wisconsin  
**What was your reaction?**

“Surprised, I’ve been there and it’s actually pretty nice there so it’s surprising that someone I guess would shoot that place up.”

**Name:** Isabelle Fox  
**Major:** Biology  
**Year:** Freshman  
**Hometown:** Chicago

**How did you feel about the shooting?**

“I haven’t heard much about it but it did surprise me because I think they have stricter gun laws as far as I know, just shows how it can happen honestly anywhere. It’s saddening to know it’s happening.”



**Name:** Ally Cunningham  
**Major:** Management Information Systems  
**Year:** Senior  
**Hometown:** Neola, Iowa  
**What was your reaction to the shooting?**

“I mean it’s tragic really, something interesting I saw was that some people that were in the Las Vegas shooting were there as well, and so they’re like traumatized, like I cannot believe this happened again and I’m home safely you know.”

# Dealing with grief: seeking help after tragedy

## Where to find resources after recent shooting

BY MEG GRICE  
@iowastatedaily.com

Mental health does not discriminate, and the individuals it affects may often believe their suffering is purely solitary.

For those struggling, it is important to keep in perspective mind the multiple resources available. From dance party fitness at State Gym to free counseling services on-campus, Iowa State Students possess multiple avenues to unwind and voice their concerns.

The recent Californian government events have both parents and students on edge. Ames is lucky to have dynamic pedestrian avenues, but these can be seen as hotbeds for dangerous outbursts.

Despite this fact, we should not forget that Iowa State still remains in the top 50 safest campuses, according to The National Council for Home Safety and Security. Though these do not entirely eliminate the negative

occurrences on campus or in the Ames community, it is nevertheless important to recognize the effort made by Iowa State to meet the needs of its community.

Here are some vital resources for both physical and mental health at Iowa State, many of which are free to Iowa State students:

**The Three Pillars of Mental Health**

The Thielen Student Health Center explains three things to keep in mind as a pathway to a healthier lifestyle: sleep, diet and exercise. Like a building, a person is unstable if they are not meeting each of these needs.

**Student Counseling Services**

Student Counseling Services provides everything from crisis intervention to relationship counseling. Vet-Med students are even provided accommodations due to their rigorous schedules and coursework.

SCS additionally provides walk-in hours Monday through Thursday from 8 a.m. to 3 p.m.. It is suggested on the Counseling Services website that students set aside at least an hour and a half for a meeting.

SCS also offers Mind-Body Services, such as Mind-Body Spa and the Mindfulness Meditation Class.

Further questions can be answered by calling the office at 515-294-5056.

**Thielen Student Health Center**

Need a flu shot or an x-ray? Thielen has got you covered.

Thielen also provides allergy injections, physical therapy, sexual health services and more.

**Clinic hours**

- 8-6 Mondays
- 8-5 Tuesdays, Thursday, and Fridays
- 9-5 Wednesdays
- 9-12 Saturdays
- To schedule an appointment call 515-294-5801.

**Parks Library**

Parks supplies endless resources for research and study. Sometimes just getting out of the dorm or apartment makes a world of difference.

**SafeRide**

As students, our hours are often unpredictable. SafeRide is a great alternative to walking home alone from the Design building at 2 a.m. on a Friday night.

Hours of operation: 6 p.m.-5:30 a.m. every day.



IOWA STATE DAILY  
The Thielen Student Health Center is one of many resources on campus available to students.

For assistance, call 515-294-4444.  
SafeRide is additionally available in app form.

**State Gym and Lied Recreation**

With 20 basketball courts, a bouldering wall, a boxing studio, steam rooms and more, Lied is a great resource for any student looking to take time away from their classes.

State Gym possesses an amazing outdoor recreation program as well as over 100 pieces of weight and cardio equipment and not one, but two indoor running tracks.



# Spotlighting student services

## People can manage stress with biofeedback

BY ALEXIS MYSZKA  
*@iowastatedaily.com*

In the fall of 2009, Student Counseling Services (SCS) started Biofeedback as an alternative approach for students to address psychological and physiological concerns. The success of the program encouraged SCS to grow in size. They are currently in their ninth year of providing Biofeedback and related services, such as light therapy and mindfulness meditation classes, according to SCS staff. Biofeedback uses controlled breathing techniques to help students manage problems such as stress, anxiety and depression. They do so by using a series of apps that guide students through games to teach them coping skills such as how to quiet your mind or how to observe your thoughts. At the same time, students are doing meditations as well as getting physical feedback that is visualized on the screen.

This allows students to see in real time how their level of stress or anxiety is impacting their breathing, said Biofeedback graduate assistant Andrew Seidman, a master of science.

Seidman is a fifth- year graduate student in the counseling psychology doctorate program, and has been a part of the Biofeedback program for the last two years.

“Breathing is a mechanism through which you do the game,” said Seidman.

Students can get started with the Biofeedback program through a referral from a SCS counselor or they can email the Biofeedback staff directly, as well as walk in and ask about the program specifically at the SCS reception desk.

A students’ journey through the program starts with a Biofeedback orientation. This is done with a small group of about six students that will come in and meet with a member of the Biofeedback staff.

“Students [can] come in and learn Biofeedback what it’s all about, how to use the equipment how to use it for whatever they are dealing with whether that be anxiety or depression, so we just introduce them to the program to get them set up to go do it on their own on a self-guided basis,” said Kaitlyn Burke M.S. a Biofeedback graduate assistant.

Burke is a fifth-year graduate student also in the counseling psychology doctorate program, as well as a clinical graduate assistant.

Once they have attended orientation students can come use the Biofeedback program on their own whenever they choose.

Students that have used the program have reported many benefits such as: increased ability to sooth the self, more feelings of relaxation, increased self-awareness, increased ability to remain present in the moment and a greater sense of self confidence and control.



ALEXIS MYSZKA/ IOWA STATE DAILY

Finger sensors that are used to monitor students’ breathing which allows them to control games to give a visual representation of their heartrate. Student Counseling will be upgrading to the ear clip in the new feature to make the process less bulky.

“I think is really important [remaining present] because I think that anxiety can take you out of the moment and people miss out on relationships you know, just literally moments of life,” Seidman said.

Each of the different Biofeedback programs can be tailored to help students with whatever may be going on in their life.

“There are different topics so one could be [focused on] calming and the other could be trying to find a balance in your life,” said Wen-Hsin Chang Ph.D., the interim director of career exploration services and the staff psychologist, Biofeedback coordinator.

Each semester, between 200 and 300 students take advantage of what Biofeedback has to offer, between 150 and 200 of those students continue to utilize the services regularly. As of this semester 137 students have used Biofeedback and continue to come back, Burke said.

“I think the record right now is someone has come back nine times so far after their orientation,” Burke said. “So people do come back and keep coming back.”

When encountering stress or anxiety the body is sent into a fight or flight response causing the heart rate to increase and breathing to become short and uneven. This is a natural biological response to a stresser, but what is done next is a choice, this is where Biofeedback comes into play.

“So the initial stimulus or whatever the anxiety is, that’s a problem, but also if we don’t feel like we can trigger that response then we are vulnerable to becoming irritable or isolated or other consequences,” Seidman said. “The first step is anxiety, but if you can trigger that response [learned through biofeedback] hopefully that stops it, or at least makes it more

manageable or gives you more self confidence in your ability to manage it.”

Students can find the Biofeedback program along with other services in the Student Services building on the third floor where the student counseling services reception desk is located.

“Even for situational things that we all encounter, like we all encounter presentations, exams, stressful situations so even if you don’t have an anxiety disorder this is a skill that will be helpful to you throughout your life,” Burke said.

Services offered by SCS such as Biofeedback are very unique, it is not a service that is commonly found outside of universities and it would not be free as it is to Iowa State students.

“You would probably need to buy the program yourself, as far as I know there are not people doing this (Biofeedback) for free,” Chang said.

The SCS staff encourages students to take advantage of services such as the Biofeedback program while it is free and available to them.

“Especially because students are in such an important developmental phase where they’re transitioning from high school and typically being with parents to now independence, that is such a stressful transition and so we have these services to help ease it and to really help you make the right decisions and orient yourself in a path that feels right,” said Seidman.

Stress and anxiety are barriers that come up every day for almost everyone.

“You can’t go through your life without encountering stressful situations, it’s just not going to happen,” Burke said. “So it’s a real skill that you can take with you and use in a lot of different situations.”

## LGBTQIA+ students prepare for family stress over break

BY LOGAN METZGER  
*@iowastatedaily.com*

For many students at ISU, heading home may be a tough time. The “Life Hack: Lgbtqia+ and Going Home for Break” event, looking to alleviate some of this stress, was an informal meeting of ten individuals in the Center for LGBTQIA+ Student Success.

The event was hosted by the Center for LGBTQIA+ Student Success and facilitated by Fallyn Lee, a doctoral intern at Student Counseling Services.

“This event is important because our staff often notices LGBTQIA+ students experience heightened levels of stress or anxiety about the prospect of spending time with unsupportive family or community during breaks,” said Clare Lemke, assistant director for the Center for LGBTQIA+ Student Services. “Certainly, this is not the experience for every LGBTQIA+ student, but we see it often enough that we want to provide more resources and a supportive space

for students in this position.”

The event had a deep breathing therapy session ran by Fallyn Lee. The session was a “square breathing technique,” which consists of: breath in for four seconds, hold for four seconds, breath out for four seconds and hold for four seconds.

Students said this technique was “calm and relaxing.” “Practice coping skills when you think you don’t need them,” said Lee.

Lee said that finding a coping strategy such as “calling a friend or reading a book” is important.

For emotional regulation, Lee said “instead of yelling what if I just stay quiet and walk away” and “think about situations as “yes, and...” not “yes or no.”

Lee also talked about physical care and self-care, “make sure to take care of your body at home and before going on break.”

Lee then went on to talk about taking medication and making sure participants understood that taking too many

mood-altering drugs, such as alcohol, could negatively affect their experience at home.

“Sleep hygiene” is something Lee focused on, such as “using your bed only for sex or sleeping, not homework or relaxing.”

For advice on dealing with hostile family members, Lee brought up “radical acceptance” which is “accepting things for what they are, not liking, not condoning, just accepting.”

Lee also brought up boundaries, which she described as “fluid and can change depending on the situation.”

“I think we should host more sessions like this, I really liked the turn out and I hope more people can come in the future if there are sessions,”

“Our staff is here to help, Clare and I are here to help,” Brad \_\_\_\_\_, director of the Center for LGBTQIA+ Student Success, said, concerning students who need to talk about fears of going home.

If you or anyone you know need someone to talk to text ISU to 741-741 for a support hotline.





# GAME INFO



IOWA STATE  
CYCLONES  
(5-3, 4-2 Big 12)



BAYLOR  
BEARS  
(5-4, 3-3 Big 12)

**WHEN:** Nov. 10, 2:30 p.m.  
**WHERE:** Jack Trice Stadium  
**WATCH:** Fox Sports 1  
**LISTEN:** Cyclone Radio Network | KASI 1430 (AM) & KCCQ 105.1 (FM) (Available in the Ames area only)

**STADIUM INFO:**

- All gates will open 90 minutes before kickoff.
- Student must enter through the East Gate.
- Re-entry to the stadium will be allowed up until the start of the 4th quarter. Tickets must be scanned upon exit and re-entry.

## OPPONENT INFO

**Baylor Bears (5-4, 3-3)**  
**LOCATION:** Waco, Texas  
**CONFERENCE:** Big 12  
**HEAD COACH:** Matt Rhule  
6-15 in his second season at Baylor, 34-38 overall

**QUICK HITS:**

- Baylor has allowed 34 points per game, ranking 104th out of 130 FBS teams.
- The Bears have given up 31 or more points in four of their previous five games.

## PREVIEW

# Butler catching in the cold

## Cyclones hoping to avoid another rough November

BY TREVOR.HOLBROOK  
[@iowastatedaily.com](#)

Deja vu strikes for the Cyclone football team. Last season, Iowa State hit uncharted territory by being in the mix for a potential spot in the Big 12 Championship when the calendar flipped to November.

Last season, though, Iowa State tailed off, missing out on a trip to Texas for the conference championship game.

The Cyclones hope to take what they learned last season to propel them to Texas on Dec. 1. For the Cyclones, it's simple. It starts with the defense. The defense will be challenged this week by a Baylor team that's improved in year two under coach Matt Rhule.

"We played against coach Rhule when I was still at Toledo in the bowl game before we came out here [Ames]," said defensive coordinator Jon Heacock. "They're doing a lot of the same stuff, trying to get to those things, doing a lot of the very same things."

"I think that's a sign they're doing a good job. I think consistency is huge for players. You really see them, and I think that's why they're improving."

The improvement Heacock alluded to shows up in the win column. Last season was Rhule's first year at the helm in Waco, Texas, and the Bears struggled. Baylor's lone win came against Kansas late in the season after a handful of bad non-conference losses to teams like Liberty and the University of Texas San Antonio.

Two years prior to Rhule's initial season at Baylor, the Bears climbed



Iowa State's Hakeem Butler at the 2018 Homecoming football game against Texas Tech on Oct. 27. The Cyclones won 40-31. Butler has made impressive catches this season including an appearance on ESPN's "You Got Mossed."

to No. 2 in the Associated Press Top 25 poll and finished the season with a 10-3 record under Art Briles.

While Baylor's situation looked gloomy last season, the Bears have clawed back in 2018. The team is teetering on bowl eligibility with a 5-4 record this season, including a 35-31 win over Oklahoma State last weekend.

With an improved Baylor team, Iowa State needs to play better than it did a year ago. Former Iowa State quarterback Zeb Noland connected with Allen Lazard and Hakeem Butler for a pair of touchdowns in the first half to jump out to a 17-10 lead at halftime.

After the break, the offense set itself on cruise control, tacking on two field goals and relying on the defense to hold Baylor. The defense held on, and the Cyclones left with a 23-13 win.

This time around, Iowa State will likely need more points for a comfortable win. The Bears face a new quarterback in freshman Brock Purdy.

Purdy, an Arizona native, will have

be — fast and angry when you get to the ball carrier — so they've definitely got our attention."

Gordon said he anticipates the weather to be a nonfactor in Purdy's performance, and that after warm-ups he expects smooth sailing in terms of the quarterback and weather.

One familiar face the Baylor defense will find across the line of scrimmage is wide receiver Hakeem Butler, who played high school football in Texas.

Butler's gained a lot of national attention this season from his circus catches, and the Bears are aware of what he brings to the Cyclone offense.

Last week, Butler appeared on the ESPN segment "You Got Mossed," hosted by NFL Hall of Famer Randy Moss. Butler said he was playing some Call of Duty when Kyle Kempt sent him a video of it.

It was an important moment for Butler, who owned a Minnesota Vikings jersey of Moss, but the red-shirt junior is looking to add to it on Saturday.

He caught one pass against Baylor last season, but Butler made it count. He blazed through the secondary and snagged a 67-yard touchdown.

This season, Butler's added a bigger chunk of the receiving responsibilities on himself. If Purdy finally hits an off game in his freshman season, Butler may need to bail him out with a crazy catch or two.

"I don't think people really practice crazy catches," Butler said. "I feel like in the moment with preparation just catching regular, you just surprise yourself and make crazy plays like that."

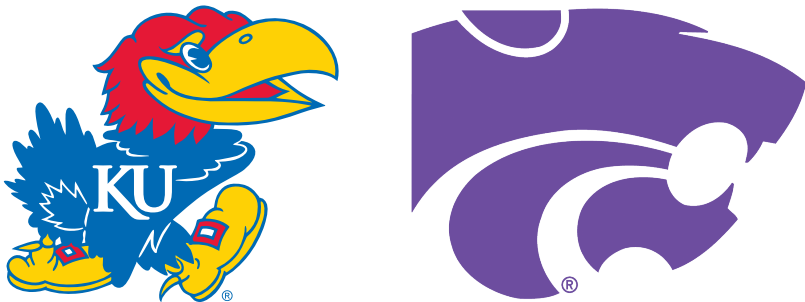


# AROUND THE BIG 12



**TEXAS CHRISTIAN UNIVERSITY (4-5, 2-4) AT NO. 13 WEST VIRGINIA (7-1, 5-1)**

**WHEN:** 11 a.m.  
**WHERE:** Milan Puskar Stadium, Morgantown, West Virginia  
**WATCH:** FS1



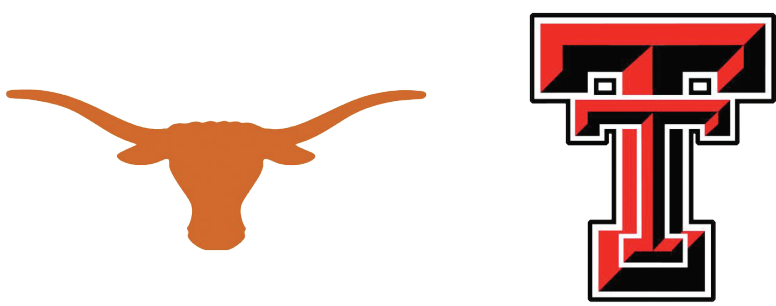
**KANSAS (3-6,1-5) AT KANSAS STATE (3-6, 1-5)**

**WHEN:** 11 a.m.  
**WHERE:** Bill Snyder Family Stadium, Manhattan, Kansas  
**WATCH:** FSN



**OKLAHOMA STATE (5-4, 2-4) AT NO. 7 OKLAHOMA (8-1, 5-1)**

**WHEN:** 2:30 p.m.  
**WHERE:** Memorial Stadium, Norman, Oklahoma  
**WATCH:** ABC



**NO. 17 TEXAS (6-3, 4-2) AT TEXAS TECH (5-4, 3-3)**

**WHEN:** 6:30 p.m.  
**WHERE:** Jones AT&T Stadium, Lubbock, Texas  
**WATCH:** FOX

# PLAYERS 2 WATCH



KATLYN CAMPBELL/ IOWA STATE DAILY  
Placekicker Connor Assalley kicks the football during the game against Akron at Jack Trice Stadium on Sept. 22.

## Connor Assalley

Since his hot start at placekicker, Connor Assalley has slowed down. Assalley was 8-for-8 on field goal attempts in Iowa State’s first five games with a 100 percent rate on extra points as well. Against West Virginia, the streak was snapped. Assalley missed an extra point, came up short on a field goal and had another field goal attempt blocked and returned for a touchdown.

At homecoming against Texas Tech, Assalley nailed five extra points and a 27-yard field goal, but he also missed a field goal. At Kansas, Assalley went 2-for-3 on field goals and 3-for-3 on extra points. With the Iowa weather changing, the kicking game can be impacted.



COURTESY OF BAYLOR ATHLETICS  
Sophomore Baylor quarterback Charlie Brewer scrambles away from pressure in a game against Kansas earlier this season.

## Charlie Brewer

Baylor’s key to victory lies in its quarterback. Charlie Brewer’s the starter with sprinkles of Jalan McClendon mixed in. Brewer is a sophomore for the Bears, who’s been effective throughout the year.

The sophomore has compiled 1876 yards on a 60.2 completion percentage with 12 touchdowns and six interceptions. On the ground, Brewer creates problems occasionally, too. He has 151 yards paired with four touchdowns.

When McClendon swaps in for Brewer, Baylor has another ground threat, too. McClendon has 102 yards with two rushing scores.



# GOOD COP BAD COP



BY JACK.SHOVER  
@iowastatedaily.com

No matter what Baylor has on the scouting report there is one particular factor this weekend for which the Bears cannot prepare for: the weather.

At noon, the weather in Ames is forecasted to be around 26 degrees Fahrenheit.

At the same time in Waco, Texas, the temperature is supposed to be around 47 degrees.

Prior to the game, Iowa State would have had all week to practice in the cold and wind.

With the weather below freezing, expect Baylor's passing attack to suffer.

In the past when Big 12 quarterbacks have come into Ames in November, their play has suffered.

Look no further than 2016 when Texas Tech, then lead by Patrick Mahomes at quarterback, were dominated by an Iowa State squad who finished the season with three wins 66-10.

Mahomes finished the game 18-for-36 for 219 yards a touchdown and two picks.

In 2016, Mahomes averaged 421 passing yards a game and four passing touchdowns.

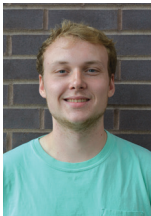
When Baylor is unable to move the ball through the air because of the cold and Iowa State's pass coverage, Iowa State will be able to key on the run and force three-and-outs all game with a stout run defense.

Offensively, Iowa State will be able to dictate the tempo of the game and keep Baylor off of the field by controlling the ball.

Iowa State has so many weapons on the offense and such a varied attack Baylor won't have a chance to stop the Cyclones.

From the chilly weather to the rolling Cyclone offense, one thing is clear: Ames is not a place you want to visit in November.

FINAL  
IOWA STATE 27 |  
BAYLOR 10



BY SPENCER SUCKOW  
@iowastatedaily.com

While it's hard to complain about four straight wins, Iowa State certainly hasn't been invincible in recent weeks.

In particular, special teams have been a lingering concern for the Cyclones. Against Kansas, kicker Connor Assalley missed a field goal. The week before that against Texas Tech, Assalley missed another field goal and the Red Raiders blocked a punt. Two weeks prior to that against West Virginia, Iowa State had a blocked field goal returned for a touchdown.

On top of that, Iowa State's punt return game has been suspect, as returner Tarique Milton has made several questionable decisions on his punt returns. Ultimately, one of these blunders turned into a strip sack fumble against Texas Tech, a play in which the Red Raiders scored.

If Iowa State has another game where the special teams struggle, Baylor could easily steal a game from the Cyclones at home. In fact, that's exactly what I think will happen.

Additionally, a big matchup next week against Texas is looming for the Cyclones. I know Matt Campbell has preached the "one game at a time" approach, but let's be real: teams look ahead all the time. It's the reality of just about every sport, and college kids are especially vulnerable to it.

Iowa State players know full well that a win this week and a win against Texas would put them in excellent position to make the Big 12 championship game. The problem is, Texas is the kind of team that draws attention. Blue-blood program, ranked team, largest stadium in the Big 12. It's hard not to think ahead to that type of environment.

Ultimately, I think all of those factors will lead to a Cyclone loss this Saturday, which will crush any hope of making the Big 12 championship game.

FINAL  
BAYLOR 23 |  
IOWA STATE 20

# THE PICK

## Iowa State vs. Baylor

AARON MARNER



Sports Editor  
(5-2)

### Iowa State 45, Baylor 17

Iowa State's offense might struggle a bit to start the game in the cold weather, but as we've seen all year, stopping Brock Purdy and David Montgomery is no easy task.

Here's the thing about the Baylor Bears: when they lose, they \*really\* lose. They have losses of 44, 33, 13 and six points. That's an average margin of defeat of 24 points, and Baylor is 1-3 on the road this year with its only road win coming on Sept. 8 against Texas-San Antonio (currently 3-6).

The Cyclones should win this one, and I think they should win by a comfortable margin. I think the defense forces some turnovers in the cold weather and puts the offense in good field position early, giving Iowa State short fields and easy points. I'll take Iowa State by four scores.

NOAH ROHLFING



Sports Editor  
(4-3)

### Iowa State 34, Baylor 21

Just one point separates Trevor's selection and mine for Saturday's game, but I assure you I am absolutely correct.

It's going to be upsettingly cold when Baylor comes to town, something that, while I'm sure the Bears are trying to prepare themselves for, is extremely hard to adjust to in just one day. This weather will affect the passing game, which takes away Baylor quarterback Charlie Brewer's biggest strength. The Bears have a solid running game, but it will be a lot more difficult in the cold if the passing attack is not at its best.

On the other hand, Iowa State will likely stick with a heavy dose of David Montgomery, as they have in the past two home games. Sprinkle in a little bit of Brock Purdy making pump fakes and picking up some yardage and a requisite one ridiculous grab from Hakeem Butler, and Iowa State will walk away with another victory heading into the crucial game at Texas.

TREVOR HOLBROOK



Sports Editor  
(3-4)

### Iowa State 34, Baylor 20

The Bears go into hibernation in Ames on Saturday. If you've been on campus this week, you've probably noticed a drop in temperature. The trend is forecasted to continue into Saturday's game with temperatures projected to dip below freezing. Meanwhile, Waco, Texas, expects to see temperatures float around the low-50s.

The cold weather provides a test for, not only the Bears, but also freshman quarterback Brock Purdy. If Purdy does struggle with the Iowa weather, junior running back David Montgomery can bail out the young quarterback.

Expect the Cyclones to manage the cold weather better and continue their hot streak.

KENDALL SHARP



News Editor - Student Life

### Iowa State 23, Baylor 17

It's my last semester at Iowa State so each football game means a lot to me. There aren't many opportunities after graduation that allow you to wear cardinal and gold overalls with a Cyclone face tattoo.

The last Iowa State football game I attended was against West Virginia and my mom joined me. My dad called us earlier that day saying that it's going to be a rough game because of how good West Virginia's football team is.

To our surprise, West Virginia not only lost... they got killed.

I really don't know anything about football but it would only make sense that Iowa State wins this weekend. We beat West Virginia and West Virginia beat Baylor.

Iowa State will win this weekend not only because the numbers make sense, but because it is my last football game as an Iowa State student.

Go State!

### FEATURE PHOTO



DAVID BOSCHWITZ/ IOWA STATE DAILY

#### >>>Homecoming interception

Iowa State's Marcel Spears intercepts the football, and then returned for a Cyclone touchdown at the 2018 ISU Homecoming Football game against Texas Tech on Oct. 27. The Cyclones won 40-31.





KATLYN CAMPBELL/ IOWA STATE DAILY

Defensive back Braxton Lewis tackles tight end T.J. Hockenson of Iowa during the football game against University of Iowa at Kinnick Stadium in Iowa City on Sept. 8.

# Secondary coming up clutch

## Iowa State's defensive backs have shut down opposing offenses



MIKINNA KERNS/ IOWA STATE DAILY

Redshirt senior D'Andre Payne runs down the field during the Iowa Corn Cy-Hawk Series game on Sept. 8. The Cyclones lost 13-3.

BY NOAH.ROHLFING  
@iowastatedaily.com

After a 27-3 win over Kansas last Saturday, the No. 23 Cyclones continue their possible march toward a conference championship game appearance on Saturday when the Baylor Bears come to Ames.

The most talked-about part of the team post-Kansas? The secondary, which held Kansas to under 50 percent passing and forced a fumble via Brian Peavy.

The redshirt senior, who came into the season as one of the Cyclones' most experienced defensive players, has been rarely targeted this season, with opposing quarterbacks looking the other way during many of the snaps he's made on the field.

Peavy said he's felt an improvement in his game from last season.

"I'm able to lead a team in ways that I wasn't able to last year," Peavy said. "Kinda more mental than physical."

Kansas, though, went at the cornerback frequently through Peyton Bender. Peavy allowed a completion in the second quarter, but made up for it on the same play by stripping the ball from the Jayhawk receiver.

Redshirt senior defensive back D'Andre Payne said he's not sure why other teams throw in Peavy's direction.

"I don't see why they would," Payne

said. "It's the Big 12, they gonna try you regardless of who you are, but he's done a phenomenal job the past couple weeks."

Peavy is getting the attention as of late, but the entire Cyclones' secondary has been a strength of what has been, statistically, the best defense in the Big 12.

Coming into the 2018 season, the secondary was — despite the returns of Payne and Peavy — spoken about as possibly the relative weakness of the unit, due to the lack of returning starts at the safety position and not much in the way of experience behind the two corners.

However, throughout the year a number of players have stepped up and made unexpected contributions, none more than redshirt junior walk-on safety Braxton Lewis.

Lewis began the season on the depth chart as the backup to redshirt senior De'Monte Ruth at the 'star' position, but when Ruth was suspended from the canceled season-opener against South Dakota State, Lewis got his chance, however brief it was.

From there, Lewis latched onto the job and proved to be capable of being an every-down player for the Cyclones. In a three-game stretch from the Akron game through the Oklahoma State game, Lewis had an interception in each contest and

was mentioned as a Big 12 Defensive Player of the Week following the game against the Cowboys.

The Cyclones have also had contributions from redshirt freshmen cornerback Datrone Young, who is questionable for the Baylor game with a shoulder injury, and freshman cornerback Anthony Johnson. The two have progressively played more snaps in each game, leading to rest at times for Peavy, Payne and the safety group.

Lewis said the backfield has to keep the same approach it's had all season in the coming weeks.

"Stay consistent, keep pounding the stone and do the things we need to be successful," Lewis said of his goals for the group.

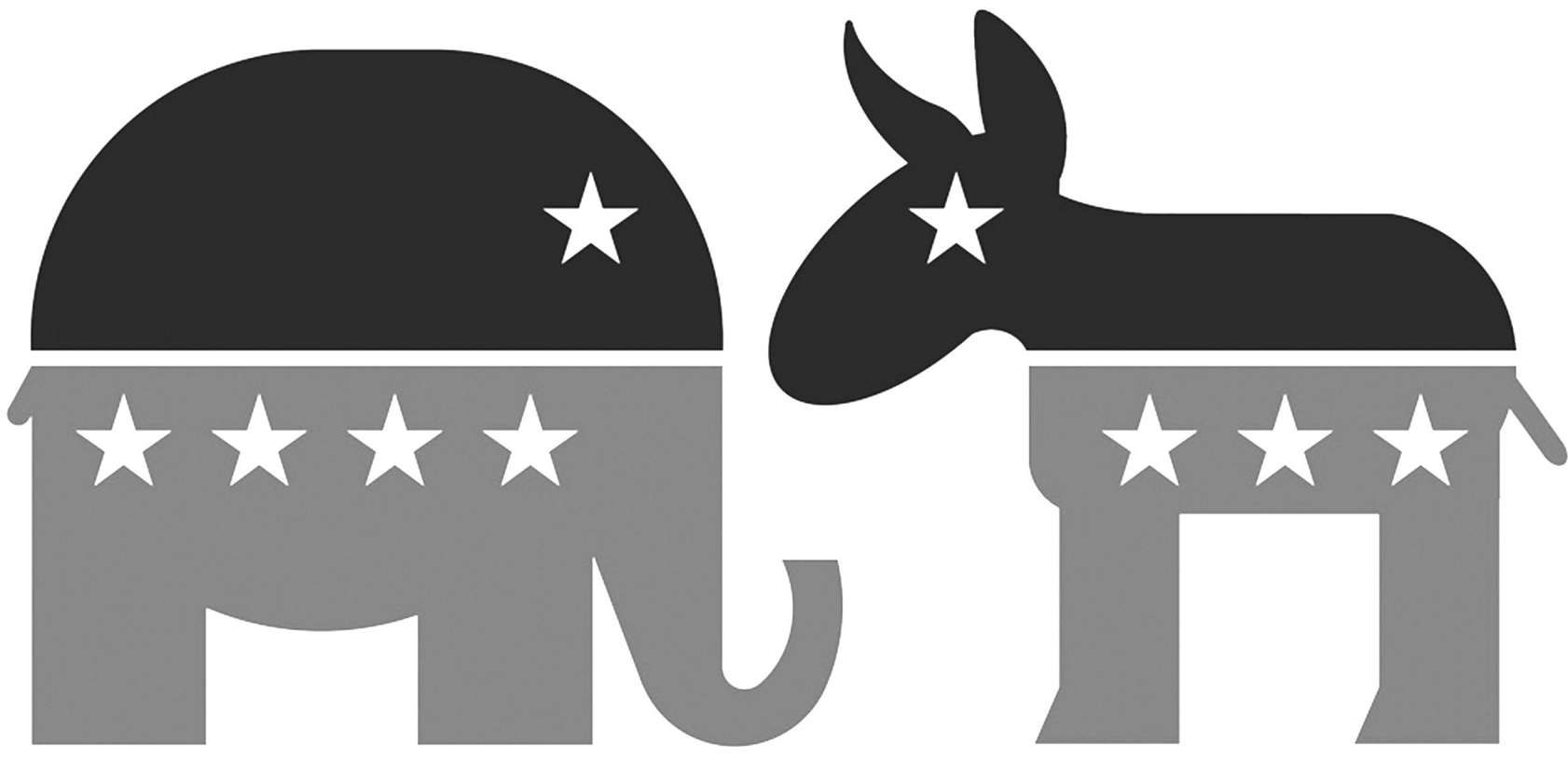
The larger amount of bodies capable of making plays has also led to players like Payne playing in different positions. In recent weeks, Payne has spent a chunk of his time at the 'star' position when safety Lawrence White wasn't in the game.

Campbell said a couple of weeks ago how impressed he was with the depth the Cyclones have at the back end. It's turned out to be critical in a surprising unit's success so far.

Now, as the season winds down, the Cyclones will need every last person in the secondary to do their part against the Bears and beyond if the team wants to reach its first-ever Big 12 Championship game.



COLUMN



D. K. H. N.

Courtesy of Flickr

Columnist Eileen Tyrell believes politics isn't supposed to be high-stakes, but instead boring: "Let's have political races between candidates who disagree on tax plans and prison reform, not on whether transgender people legally exist or if Mexico is sending us rapists."

# Make politics boring again

BY EILEEN.TYRELL  
@iowastatedaily.com

I was recently scrolling through Twitter when I came across a tweet that said this: "friendly reminder that no matter how important an election is, it's not more important than your friendships and relationships. Be kind. Don't let politics come before people."

I would say it's a nice thought, but it's not. It's lazy thinking. And it's something that's really easy to say when the results of the election will have zero consequences on your life.

The unfortunate reality of our current political climate is that we aren't disputing politics anymore so much as right and wrong. I will be happy to fiercely disagree with you over immigration quotas and economic policies and then go get coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant children from their parents or a biased and illogical Muslim ban, then we aren't arguing about politics anymore, we're arguing about human rights.

I'm a straight, white, middle-class woman, and listen, I get it. Paying attention to all the bad things going on in our country

right now is draining and no one wants to do it. It's so much easier to turn off the news or turn a blind eye when what's happening doesn't affect you. But for a majority of people in America, making the choice to ignore politics is not an option.

For example, let's look at Iowa's very own, Steve King. He doesn't want to allow gay people to marry. You can't vote for him because you like his economic plan, and pretend like you aren't also voting for someone who would strip marriage rights away from over 9 million Americans if he could, and then expect your gay peers to brush it off as a "political disagreement." Simply put, that's not about politics anymore.

I realize that unlike Steve King, a lot of candidates fall in the gray area, and compromises have to be reached. The point of this column is not to persuade you to vote for specific candidates, nor is it to argue that it's OK to destroy relationships over politics. The point is that sometimes what you pass off as "politics" are really bigger issues about rights, equality and justice.

And the point is that it's really easy to brush off such things as politics when your rights aren't on the line. Reproductive rights for women; eradicating white supremacy; equality for transgender men and women; voting rights for Native Americans — these issues should not be decided on the political field, they

should be decided in each person's heart. And disagreeing with someone over them doesn't mean you have differing political views, it means you have differing views on humanity.

So please, let's make politics boring again. Let's have political races between candidates who disagree on tax plans and prison reform, not on whether transgender people legally exist or if Mexico is sending us rapists. Be kind to people, yes, but don't use your kindness to avoid addressing the fact that your friend is a racist. That's not how we solve problems in America. We solve them by being honest with each other, with communicating, and occasionally calling each other out for having terrible beliefs.

And ultimately, having those hard conversations with each other is what it will take to pull our country out of the nightmare it's in right now. Just don't reveal to someone that you voted for a white supremacist or sexual predator and then be surprised when they use that to make a judgement about your character. Voting for a white supremacist doesn't mean you have different political beliefs than me, it means you are supporting a white supremacist.

Politics isn't supposed to be high-stakes like this, it's supposed to be boring. Let's make it boring again.

LETTER FROM THE EDITOR

## Iowa State Daily launches new engagement initiative

BY ALEX.CONNOR  
@iowastatedaily.com

Hello, Ames!  
Here at the Iowa State Daily we're excited to announce a new initiative we're launching called #AskMeAmes. Why? Because we believe that journalism can best serve its community when our readers are involved in the reporting process.

So, instead of just assuming that we know what type of stories you'd like to read, you can tell us. And it's an easy process, trust us.

To produce #AskMeAmes, we're partnering with Hearken, a consulting service and platform that aims to generate "deep audience engagement that builds trust and leads to original, high-performing journalism."

We want your questions to shape the stories we do. You can ask us anything about the Iowa State campus or the greater Ames area that you want to know but might not be able to find through a Google search. Your questions can be about anything, silly or serious.

You might wonder:

- How many Iowa State students live in Ames and what impact does that have on its population?
- How will my identity be perceived on campus?
- What's the most common type of restaurant?

From there, we'll put some questions up for a vote so that you can weigh in on which question you're burning to have answered. If your question gets selected, our tireless newsroom staff will begin reporting and writing the story.

On top of bringing our readership into our journalism, we're also very excited that #AskMeAmes is in direct partnership with Voices, a website launched last year in an effort to increase conversations of diversity and inclusion on campus. For example, you can ask us anything about what it's like to be who you are on our campus.

As a news organization, the Iowa State Daily sees it as pertinent to its role of servicing the community by providing a platform to facilitate discussion, build curiosity



PETER LEMKEN/ IOWA STATE DAILY

Ask Me Ames gives the community the opportunity to engage with the Iowa State Daily and let them know what stories they'd like to see.

in our community and empower our readers, so we want you to ask us anything about identity, being who you are, and the state of diversity and inclusion on campus as part of

#AskMeAmes.

So, Ames, what questions do you have about life on the Iowa State campus or in the Ames region? Ask away!



# Cyclones to lose key senior players

Younger members prepare to take over leadership in offseason

BY SAM STUVE  
@iowastatedaily.com

This season, Iowa State's soccer team will graduate seven seniors, all of whom played significant minutes this season, including three co-captains. Now that the season is over, the Cyclones are trying to fill the holes left by the seniors.

As the Cyclones head into the off-season, the biggest questions for the team are can they stay healthy, and where will their offensive production come from?

The Cyclones lost many players due to injury at some point this season, including starters Riley Behan, Hannah Cade and Kasey Opfer. These injuries went on to plague the team this season, as the Cyclones were not playing at full strength.

In each part of the Cyclones lineup, they will lose a player due to graduation. The midfield will be hit especially hard with graduation, as the Cyclones lose four midfielders, three of whom were starters.

Some players who could fill those starting roles are freshmen Taylor Bee and Kara Privitera, as well as junior Merin Mundt. Bee played in all 20 games this season, six of which were starts, and scored a goal this season against the Iowa Hawkeyes.

Juniors Cade and Opfer were starters for the Cyclones but had to miss time due to injury.

Cade, who took a break in the middle of the season due to a foot injury, wasn't completely ready to be inserted back into the starting lineup this season. Cade led the



WILLIAM SIBILSKI/ IOWA STATE DAILY  
Hannah Cade looks for a teammate to pass to before Milwaukee players start to pressure her during the soccer game against the Milwaukee Panthers on Sept. 9.

team in assists before she injured her foot, but she still finished tied for second on the team in assists.

Opfer dealt with a nagging ankle injuries that forced her to miss a couple of Big 12 Conference games. When healthy, Opfer was a scoring threat for the Cyclones, and she scored two goals this season, coming against the Missouri Tigers and the Iowa Hawkeyes.

Privitera played in 17 games, started one game against the Colorado Buffaloes and scored a goal against the Purdue Boilermakers.

Mundt played in all 20 games this season, starting in 10 and making one goal this season against the Missouri-Kansas City Kangaroos.

The Cyclones will lose two seniors who

earned playing time, Brianna Curtis and Emily Steil, the latter of which was a starter last season, one of the team's top goal scorers and a leader for the team in assists.

Two players who could fill those roles for the Cyclones are sophomores Tavin Hays and Courtney Powell.

Hays played in 13 games this season, including six regular-season conference games, and in the Big 12 tournament against the Baylor Bears.

Powell was a starter in the midfield for most of the season but also played as a forward. She started every game this season at either midfield or forward and was tied for the second most goals on the team, scoring three in total.

Senior defender and co-captain Jordan Enga is the lone starter the Cyclones will lose next season.

Enga, who started in all games this season and has had a start in each year of her tenure at Iowa State, played every single minute this season.

With that said, the Cyclones do return three starters on defense next season — red-shirt sophomore Marin Daniel, sophomore McKenna Schultz and sophomore Shealyn Sullivan.

The three of them are a young but experienced group, as they have logged 64 starts in total in the last three seasons combined.

One player who looks to be in a prime position to take the final starting spot on the defense next season is freshman Brooke Miller. Miller saw some action in nine of the Cyclones' 10 Big 12 games, including a start in the Big 12 tournament against Baylor.

The Cyclones will return three starting defenders as well as sophomore goalkeeper Dayja Schwichtenberg.

However, what remains to be seen is if the team can stay healthy, fill in the voids left by the graduating class and find some more offensive production.

## Iowa State hosts Missouri hoping for revenge



BY NOAH ROHLFING  
@iowastatedaily.com

An old Iowa State enemy comes back to Ames for the first time since the 2011-12 season on Friday night.

The Missouri Tigers will take on the Cyclones at 6 p.m., the second installment of the two teams' home-and-home series. Last year, the Tigers beat Iowa State 74-59 in Columbia, Missouri, the first of 18 losses for the Cyclones in a disappointing season.

The Cyclones head into their first test of the year shorthanded due to the suspensions of Cameron Lard and Zoran Talley Jr. until at least the end of November, leaving Michael Jacobson and George Conditt as the only available post options.

Coach Steve Prohm said Lard and Talley Jr. know they need to make better decisions.

"He's a fifth-year senior, he's got to make better decisions," Prohm said of Talley Jr.

One of the strategies the Cyclones may have to employ in this game — and beyond — when going small in lineups is positioning senior guard Nick Weiler-Babb at the four or five in defensive situations as an unlikely last-resort option, in case Jacobson and Conditt find themselves in foul trouble. The 6-foot-5 guard is a long

and versatile defender, but Weiler-Babb doesn't see himself as a post mainstay.

"Defensively, I think it'll take care of itself," Weiler-Babb said. "Just have to depend on my help side a little bit, if I gotta guard [Jeremiah] Tilmon."

The Cyclones' post weakness is in the Tigers' area of strength. The Tigers may be without star forward Jontay Porter, who is out for the year with a knee injury, but freshman forward Tilmon and senior Kevin Puryear are the leaders of a young Missouri team.

Prohm said the biggest key to the game would be Iowa State's ability to keep Tilmon and Missouri in check inside.

Both teams in Friday's game are very different from the 2017 meeting. The Tigers lost four players from last year's roster, while six Cyclones made their debuts on Tuesday. The familiarity factor just isn't there right now on either side.

The Tigers beat Central Arkansas in their season opener, 68-55, and committed 11 turnovers on the night. The Cyclones forced 20 turnovers against Alabama State on Tuesday, scoring 14 points off of those turnovers. With a disadvantage inside and little depth outside the guard positions, the Cyclones'

ability to force Missouri into turnovers will be crucial.

Freshman guard Tyrese Haliburton said Missouri give the Cyclones a different look from a fast-paced Alabama State.

"They're big, they're physical," Haliburton said. "It's about watching a lot of film in practice and just getting ready for them."

The Tigers struggled from outside of the paint against the Bears, hitting only 8-of-26 3-point attempts and shooting 6-for-13 from the free-throw line. The Cyclones will likely live with the Tigers taking threes and staying outside.

On offense for the Cyclones, heralded freshman Talen Horton-Tucker had an off night from the floor on Tuesday, and Prohm said the biggest thing Horton-Tucker needs to work on is with his shot selection.

"He had five threes that I would beg him to take, that he needs to take," Prohm said. "Sometimes he gets ahead of himself."

Having a better night offensively from Horton-Tucker will provide the Cyclones with more avenues to attack the Tigers.

An old foe comes back to Hilton tomorrow night, in what is suddenly a big first-week test for a thin Cyclones group.

CHRIS JORGENSEN/ IOWA STATE DAILY  
Now-senior Nick Weiler-Babb turns the corner into the lane during the first half against Kansas in Lawrence last season. The Cyclones lost, 83-78.



# Customize your month

People find convenience in monthly delivered products

BY JULIA.MEEHAN  
@iowastatedaily.com

Are you deprived of consuming the same old beauty and skincare products or possibly drained of wearing the same clothes to class? Perhaps you're a college student that has difficulties cooking up something special in the kitchen. Luckily there's a solution to this problem. Sponsored ads are continuously popping up about a new trend, subscription boxes. College students can subscribe to a variety of different subscription boxes, particularly specializing in fashion, beauty or health.

**BootayBag**

The new way to shop affordably for underwear is as a subscriber for BootayBag. A quick, few steps is all it takes to subscribe online. The order starts off with how many pairs of underwear you'd like in your monthly bag. The cost for one pair is \$9 a month while two pairs costs \$13 a month. There's an option for your size and style, such as mix it up, never a thong, or always a thong. A bonus is adding on a matching bralette for \$14 a month with the package. According to BootayBag user themselves, they recommend donating your underwear to someone in need if you're not satisfied with your purchase. In your next shipment, they will include a replacement pair. "The advantage of being a subscriber for BootayBag is receiving a cute pair of underwear for a cheap price every month," said Hailey Christoph, freshman in biology.

**Ipsy**

Before heading out to your nearest personal care and beauty store to splurge on high end products, subscribe to Ipsy for a monthly box. With the subscription, the customer will receive five products as a sample size for \$10 a month. There's a quick two-minute quiz to tailor your Glam bag so it fits perfectly for you. A few questions it'll ask is the color of your hair, how comfortable you are with makeup, types of skincare, haircare and nail care products you enjoy using, any skin concerns you have and lastly how you would describe your hair, extreme



COURTESY OF HELLO FRESH

People find convenience in online packaging services. People can order boxes of make-up, fitness items or cooking supplies, which is offered through Hello Fresh and Blue Apron.

curl or in need of volume. Subscribers will open the box to a small makeup bag, perfect for travel size items. Monthly customers will get high end products based off of their preferences at an affordable cost.

"My last Glam bag came with a hair product, a highlighter, a blush and some eyeshadow," said Hailey Christoph, a freshman in biology. "The best part is more exposure to a lot of makeup, hair and skincare products."

For some students they'd rather subscribe somewhere else rather than receiving monthly samples from Ipsy.

"A lot of times I threw away the products besides some lotions, lip-glosses or brushes," said Kristin Jensen, a graduate from Iowa State in public relations and event management. "Most of the stuff I received I would keep in the bag and would tell myself I'd use it but then I never would."

Users say the best part about Ipsy is testing out different products before spending ridiculous amounts on a product you may not like or ever use.

**FabFitFun**

Want a seasonal box for \$49.99 that is filled with \$200 worth of a wide variety of products? FabFitFun is the ultimate subscription box to subscribe to. On average, customers will receive 10 full size items rather than samples. Everything from food to makeup. Some items may also include coffee mugs, scarves, bags or towels. The customer has the opportunity to take a quiz beforehand to customize their box specifically personalized to them. Unlike other monthly subscriptions, FabFitFun is a every season ordeal, fall, winter, spring and a summer box.

"It's like a present every season," said Erin Patterson, a freshman in animal ecology. "You'll never know what you'll get inside, and you'll love everything because it's monogrammed to fit you."

Another feature is the box comes with \$10 coupons from ambassadors and social media influencers. As stated on the FabFitFun website they're the best beauty, fashion and fitness products all wrapped up in a box.

"I was impressed with the good quality and content that I would actually use," said Jensen. "I would do FabFitFun again over Ipsy."

**HelloFresh**

Not in the mood to make weekly trips to the grocery store or have no clue on how to cook for yourself, HelloFresh is right for college students. HelloFresh caters to subscribers on a weekly basis. They have different meal plans of three dishes to fit your lifestyle, a classic plan, a veggie plan and a family plan.

There's a variety of meals to pick from, such as enchiladas to sirloin steak to ravioli. Some meals are deluxe meals, which cost extra.

"For me there weren't many healthy options to choose from," said Jensen. "I'm lactose intolerant and gluten free so it was difficult since most dishes had gluten or cheese in them."

The meal plans are about \$50 a month to have food delivered to your door. Within the meal plans there's a step by step instructions with pre-measured ingredients.

As a subscriber you'll never have to go to the grocery store and spend on \$15 on vinegar that you only need a teaspoon for.

"HelloFresh made grocery shopping easier and cooking easier," said Jensen. "The option was right there, and the recipe was right there."

# How to find the right skin care routine

BY SIERRA HOEGER  
@iowastatedaily.com

Organic versus chemical-based skincare products has been the classic debate for ages. More and more people everyday are switching to organic-based skin products, simply for the health benefits.

But truly, are organic products better? Raw, and typically packed with plants, minerals, and nutrients, organic products have recently gained more popularity.

Products made by Lush, Love Beauty and Planet, and even products made by individuals in their own kitchens via recipes on Pinterest have taken over. Lush sells hand-made products, which are 100 percent vegetarian, and 80 percent vegan, which pulls in a variety of people with varying diets.

Lush also prides themselves in being animal cruelty free, which means that none of their products are tested on animals. Lush has increased in popularity with their highest-selling product, bath bombs.

"Sometimes, in sense of skincare, I use a Lush facemask, called Mask of Magnaminty. It's not an everyday thing,

but I use it fairly often because it's good at clearing acne", Ashley Brown, sophomore, said.

Love, Beauty, and Planet is a company that is working towards making both your skin and the planet better. Because of this, ingredients come from sustainable sources. Recyclable plastics, making their products "fast-rinse" in order to decrease water usage and time in the shower, and making users aware of their carbon footprint are just a few goals the company tries to reach.

Companies that produce chemical-based products, such as Neutrogena, Olay, and L'oreal all have thousands of buyers each year, simply because they've been around longer and have a wide variety of products.

"I found that organic products clog my pores, if anything, so my face wash is also very chemical-based", Madi Carr, sophomore, said.

Neutrogena has recently become more popular with teens who suffer from acne, and their solution to the problem? A Light Therapy Acne mask, which takes 10 minutes out of your daily schedule to help zap away zits and leave teens' skin looking as good as ever.

With busy, hectic lives, college students rarely have time

(or money) to devote more than a few minutes to their skin.

"My skincare routine before college, honestly, I didn't have one at all. I'd wash my face when i was in the shower, but other than that I didn't really do anything, so it's definitely changed a lot for me", Brown said.

Whether it's organic or chemical based, college students are all about the products that help them lead life with healthy skin.

"I started looking online at different recommendations, and then I discovered different types of facewash, like depending on your skin type, so honestly my freshman year is when I started caring about my skin and I'm so grateful for it, actually", Carr said.

When using skin-care products, whether they be organic or chemical-based, it's important that they address your specific needs.

Helpful tips that one can do on a daily basis to have healthy skin is to drink water, stick to a skincare regime, and keep stress levels at a minimum.

These are simple ways to ensure that a surprise pimple won't pop up right before the career fair, a presentation, or even a fun night out.



# Ames protests President Trump



MEGAN PETZOLD/ IOWA STATE DAILY

The Nobody is Above the Law Rally took place in front of the Ames Post Office on Nov. 8. They chanted things such as “we want justice!” and “we stand together for justice!”



MEGAN PETZOLD/ IOWA STATE DAILY

The protesters said that president’s unconstitutional and unconventional appointment of Matthew Whitaker is adding tension to a situation that is already energized.



MEGAN PETZOLD/ IOWA STATE DAILY

The protesters engaged in various chants including “Hey Hey, Ho Ho, Whitaker has got to go!” and “We want justice.”



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220 Main    [www.amessilversmithing.com](http://www.amessilversmithing.com)    515-232-0080